



COOKING FOR PEOPLE WITH DYSPHAGIA

This presentation is intended for Healthcare
Professionals and Catering Staff.
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AGENDA

- Who am I?
- The IDDSI Framework
- Nutricia's partnership with The Chefs' Council
- The guiding principles of the Dysphagia Act
- Let's get cooking!
- My top tips
- Pledging to improve the food experience for people living with dysphagia



OLIVER SMITH – HEALTHCARE CHEF

- After winning Care Chef of the Year and heading the improvement of the dining experience for people living with dysphagia in my own care group, I now teach and develop ideas to improve knowledge and skill in the workplace and community
- I take great pride in knowing that my teaching has inspired people to carry on doing good work in our communities



THE IDDSI FRAMEWORK

- The IDDSI framework is a global standard to describe texture-modified foods and thickened fluids used for individuals living with dysphagia of all ages, in all care settings and across all cultures
- The IDDSI framework consists of a scale of 8 Levels (0-7 inclusive), where drinks are measured from Levels 0-4 inclusive and foods from Levels 3-7 inclusive
- Levels are identified by text labels, numbers and colour codes to improve identification and hence safety



Copyright: The International Dysphagia Diet Standardisation Initiative 2016
@ <https://iddsi.org/framework/>

Image: The IDDSI Framework

Reference: The International Dysphagia Diet Standardisation Initiative, 2016 <http://iddsi.org/>

WHAT ARE THE IDDSI LEVELS FOR FOODS?

- There are 5 levels within the IDDSI framework that refer to foods:
 - Level 7 = Regular/Easy to Chew
 - Level 6 = Soft and bite-sized
 - Level 5 = Minced and moist
 - Level 4 = Puréed
 - Level 3 = Liquidised

Level 7
Regular/Easy to Chew



Level 6
Soft and bite-sized



Level 5
Minced and moist



Level 4
Puréed



Level 3
Liquidised



WHAT ARE THE IDDSI LEVELS FOR FLUIDS?

- There are **5** levels within the IDDSI framework that refer to fluids/drinks:
 - Level 4 = Extremely Thick
 - Level 3 = Moderately Thick
 - Level 2 = Mildly Thick
 - Level 1 = Slightly Thick
 - Level 0 = Thin

Level 0
Thin



Level 1
Slightly Thick



Level 2
Mildly Thick



Level 3
Moderately Thick



Level 4
Extremely Thick



NUTRICIA IS WORKING WITH THE CHEFS' COUNCIL

- Nutricia have been working with The Chefs' Council, a unique partnership of experts, since 2017 and have jointly pledged to provide **safe, nutritious and pleasurable** food to people with dysphagia, which will in turn help to improve the quality of their lives
- Ultimately, the aim of The Chefs' Council is to improve the food experience for people affected by dysphagia with **safe, nutritious and pleasurable** food



THE DYSPHAGIA ACT – THREE GUIDING PRINCIPLES

The three guiding principles of The Dysphagia Act: safety, nutrition, pleasure

- People with dysphagia require food of a specific texture in order to be **safe**. Ensuring a **safe** food experience also means effective handwashing, kitchen cleanliness and appropriate food storage
- Good **nutrition** has an important role in the survival, recovery and wellbeing of Dysphagic patients. Diets should be **nutritionally** balanced and include a wide variety of food and drinks
- Eating an enjoyable meal is everyone’s right and providing **pleasure** through food and drink is a priority for chefs and carers. Taste, smell and presentation are key factors in achieving a **pleasurable** food experience
- For more information on The Dysphagia Act visit www.mynutlis.co.uk/dysphagia-act



Let's get cooking!

LET'S GET COOKING!

COOKING TIPS

- Fortify foods with high calorie ingredients, such as full fat milk, butter, sugar or cream, where appropriate
- Carefully consider the best cooking methods to achieve the necessary texture, e.g. poaching or simmering will soften ingredients making them easier to purée
- Develop flavour by browning and roasting ingredients prior to poaching and simmering
- Plan your dishes so that you have a range of colours on the plate, making them more appealing to the eye



PROCESSING TIPS

- Liquidizers and food processors help produce smoother consistencies
- Blender cups need to be more than half full. You can portion and freeze what is left, or use it as a base for a soup
- Purée ingredients when they are hot (but not boiling) as they will break down easier than when they are cold (ensure the blender you are using is suitable for blending hot food)
- The longer you leave the food processor running, the smoother and thicker the purée will become



PRESENTATION TIPS

- The smell and appealing appearance of food can help to increase appetite, as we eat with our eyes
- Piping bags make interesting shapes and designs on the plate and different nozzles will allow you to vary the presentation
- Make sure that individual components are separated on the plate
- Interesting shapes can be created with a quenelle — the purée is formed into an oval shape with the use of two spoons
- Use different shaped/coloured plates for each dish



MYNUTILIS

For dysphagia recipes and to pledge to improve the food experience for people living with dysphagia with **safe**, **nutritious** and **pleasurable** food, visit <https://mynutlis.co.uk/>



Welcome to

MyNutlis

MyNutlis is a site dedicated to helping you make the most of cooking for patients with dysphagia using Nutlis Clear on the recommendation of their Healthcare Professional

